

A safe place to land, thanks to you.

GRATITUDE REPORT 2025



SPECTRUM

YOUTH & FAMILY SERVICES

Whenever I ask our staff what youth need most right now, the answer is often the same:

Somewhere safe to sleep.

Someone who doesn't give up on them.

Enough breathing room to stop surviving and start living.

They need a place to land.



A safe place to land, thanks to you

Dear Spectrum Family,

A few months ago, a staff member reached out to a donor to thank them for supporting Spectrum. The donor wrote back:

“Spectrum services and support changed the course for me and enabled me to be the stable and successful adult that I am today.”

Her name was Gwen.

Years ago, Gwen came to Spectrum when she was homeless, jobless, and struggling with her mental health. She stayed with us while she got back on her feet. Now, years later, she was giving back to the place that believed in her when she had almost given up on herself.

I've thought a lot about Gwen's email since reading it.

At Spectrum, we meet young people during the hardest moments of their lives.

Whenever I ask our staff what youth need most right now, the answer is often the same as it was for Gwen:

Somewhere safe to sleep.

Someone who doesn't give up on them.

Enough breathing room to stop surviving and start living.

They need a place to land.

Because of you, young people find that every day at Spectrum. You give them the chance to regroup, begin healing, and imagine a future beyond survival.

That kind of support can change the course of a life.

Gwen's story is proof of that.

Thank you for giving young people a place to land when they need it most.

With gratitude,



Mark Redmond, Executive Director

Thanks to you...

86%

of youth said
Spectrum met
their needs
very well or
extremely well.

Basic Needs & Stable Homes

For many young people, Spectrum is the first safe place they turn when everything else feels uncertain.

Thanks to you, youth can find a hot meal, a shower, clean clothes, and a safe place to sleep— along with people who care about what happens next.

What's new:

This year, Spectrum's low-barrier **Nightly Shelter** became a year-round program and has remained at capacity ever since. As the needs of youth coming into the shelter have grown more complex, Spectrum expanded wraparound support services by adding a dedicated case manager to help youth navigate housing, employment, and physical and mental health care.

Spectrum continues to expand services in Franklin County. As the **St. Albans Drop-In Center** saw more youth, we noticed that many had nowhere safe to sleep when the center closed at night. Adult shelters in the region are often full and are not designed for teens and young adults. Thanks to your support, Spectrum opened an **8-bed Youth Shelter** just down the street from the Drop-In Center in June 2025.

“I’m not homeless because of Spectrum. I don’t sleep outside. I have a place to live. I’m safe.”

A SPECTRUM YOUTH



Number of youth helped thanks to you!

Burlington

172

Drop-In Center

58

Nightly Shelter

20

The Landing

(short-term housing)

10

Pearl Street

Transitional Housing

St. Albans

276

Drop-In Center

10

Youth Shelter

5

St. Albans Apartments

Across Locations

19

Direct Cash Transfer

Clockwise from top left: welcoming our supporters to the new St. Albans Youth Shelter in June 2025; Director of Basic Needs, Alayna Williams, ready to support the next youth; staff & youth making cookies at Drop-In together.

Take a video tour of the Burlington Drop-In.



Take a video tour of the St. Albans Youth Shelter.



Thanks to you...

90%

of youth said they would recommend Spectrum to another young person.

Life & Survival Skills

Building a stable future takes more than just meeting basic needs. With your support, young people gain the confidence, skills, and opportunities they need to move forward—from finding a first job to earning a driver's license and preparing for independent living. Along the way, they begin to see new possibilities for their future.

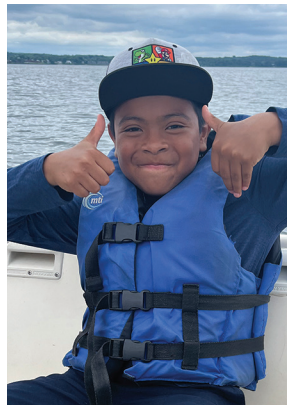
What's new:

Spectrum's Driver's Education program continues to help youth gain independence behind the wheel at no cost to participants. In 2025, Spectrum launched an accelerated track for youth 18 and older, combining a shorter classroom curriculum with driving hours to help them get their license faster.

This year marked the closing of **Detail Works**, our social enterprise which helped youth gain job experience, build confidence, and earn income in a supportive work environment. We are so grateful to everyone who supported the program in its 9 years in operation. For more information read our full press release at spcvt.org/detailworksclosure.

“JOBS is helping me do things that would be very difficult for me to do on my own, giving me proper resources and hope for my future.”

A SPECTRUM YOUTH



Number of youth helped thanks to you!

126

Youth Development Program (YDP)

86

Jump on Board for Success (JOBS) Program

248

Multicultural Youth Program (MYP)

24

Driver's Education

8

Detail Works

Clockwise from top left: Our YDP team on their staff retreat; MYP youth play volleyball during summer programming; a youth enjoying a summer day on the lake with MYP; the final team photo at Detail Works.

Thanks to you...
90%
of youth exiting
Spectrum
mental health
programs
showed
improved
mental health.

Prevention & Intervention

Young people today are facing rising levels of anxiety, depression, and suicidal thoughts—and many are struggling to find the support they need.

Thanks to you, Spectrum helps youth and their families access counseling, crisis support, and trusted adults. Riverstone Counseling provides mental health and substance use counseling, Compass helps stabilize youth and families in crisis, and Mentoring connects young people with caring adults who remind them they are not alone.

What's new:

To help meet the growing need for mental health services in Vermont, we teamed up with **UVM's Graduate Counseling Education Program** to create the **Catamount Community Clinic**. Located at our main office at 31 Elmwood Avenue in Burlington, the clinic expands access to counseling for youth while also helping train the next generation of mental health professionals. This year, 12 graduate counseling interns provided services through the clinic, including 6 who have since graduated and entered the field.

This year, Spectrum also expanded suicide prevention efforts across the agency through staff training in **Applied Suicide Intervention Skills Training** (ASIST). This model helps staff better support youth experiencing suicidal ideation and connects them with mental health support and safety planning.





Clockwise from top left: Our Compass team; one of our many mentor/mentee pairs; the inaugural Catamount Community Clinic staff.



Number of youth helped thanks to you!

298

**Riverstone
Counseling**

108

Mentoring

96

Compass



**“My therapist at Riverstone saved my life.
I wouldn’t be here without them.”**

A SPECTRUM YOUTH

Because of you, Gwen had a safe place to land.

When Gwen was 20 years old, she was struggling with severe depression and anxiety. Eventually, her mental health became so difficult to manage that she had to leave college. Because of this, she lost her housing and began couch surfing.

“From my parents’ perspective: you turn 18 and you’re on your own,” Gwen says. “I felt like a lot of people my age had friends and family at their side, and I didn’t.”

“I felt very lonely.”

After couch surfing for a month, Gwen heard about The Landing, Spectrum’s short-term housing option for youth experiencing homelessness.

**“I remember thinking,
‘Who would want to
help me?’”**

But when Gwen reached out, there was a bed waiting for her.

“It didn’t feel like a scary place to be at all. It felt like a home.”

At Spectrum, she had access to meals, counseling, medical care, and staff she could turn to each day.

For the first time in a long time, Gwen could think beyond survival.

**“You can’t do much
when you’re in
survival mode.**

Once you finally have a safe place to stay, you get more mental space to do the things you need to do.”

Step by step, things began to change.

Gwen moved into Spectrum’s long-term housing program. She got a job and started rebuilding her life.

“It was like, okay, I can start taking these steps,” she says.

Today, Gwen has a stable home, a husband, a cat named Nori, and a career she’s proud of.

Recently, after learning she could donate to a local nonprofit through her workplace, she immediately thought of Spectrum.

Today, Gwen is giving back to the place that helped her through one of the hardest times in her life.

Because of you, young people like Gwen have a safe place to land when they need it most.



**Watch Gwen share her story
in her own words.**



Thanks to you, young people have a place to land

When young people came to Spectrum this year looking for safety, support, and stability, your generosity made it possible for us to respond.

At a time when federal and state funding is increasingly uncertain, the support from people like you has never mattered more. Because of you, youth have access to shelter, housing, counseling, mentoring, employment support, and caring adults.

As the need for services grows across Vermont, your support is what allows Spectrum to keep showing up for young people when they need it most.

**None of it happens without you.
Thank you for giving young people
a place to land.**



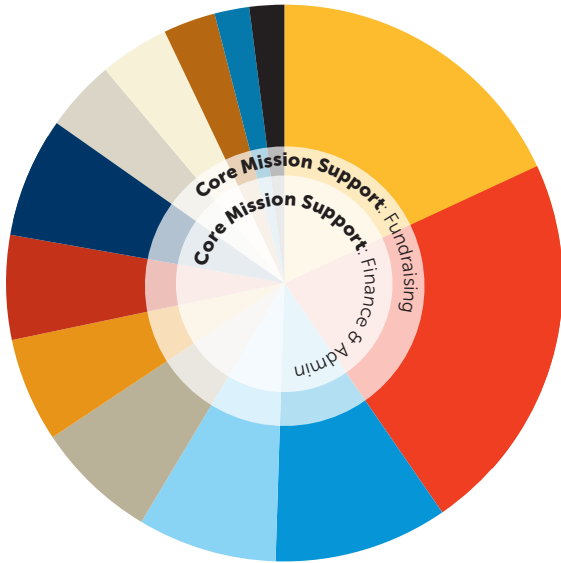
Our Finance team from left to right: Mike Grant, Mike Ray, Becky Gray-Kellogg.

“Your money is going towards something that is really making an impact.”

A SPECTRUM YOUTH

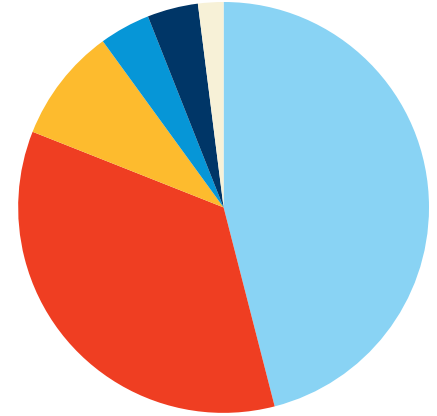
Financials

For the fiscal year
October 1, 2024–September 30, 2025



REVENUE \$9,749,512

Private Donations	46%
Federal & State Funding	35%
Program Fees.....	9%
Investment Earnings	4%
Miscellaneous Income	4%
Cash Reserves	2%
United Way.....	>1%



EXPENSES \$9,749,512

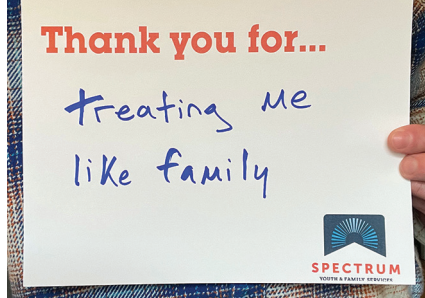
Core Mission Support

Finance & Administration	10%
Fundraising.....	8%

Direct Program Support 82%

Burlington Residential Programs	22%
Riverstone Counseling	18%
Youth Development Program	10%
Burlington Drop-in Center	8%
Compass.....	7%
Detail Works	6%
Multicultural Youth Program	6%
Pass-Through Programs*	6%
St. Albans Drop-in Center	5%
St. Albans Youth Shelter	4%
JOBS	3%
Direct Cash Transfer	2%
Mentoring.....	2%

*Pass-through programs are those for which Spectrum is the fiscal agent, but another entity carries out the work.



Clockwise from top left: Our 2026 Sleep Out had 651 participants and took place in Burlington, St. Albans, and across Chittenden & Franklin Counties with Student Sleep Outs; youth share what they are grateful for; Spectrum staff join the 'SPECTRUN' team at the Burlington City Marathon; Celebrity Soup Servers DJ Craig Mitchell and Dana Kaplan, Outright Vermont Executive Director, have fun serving guests at the Empty Bowl Dinner; a youth making pizza with the Multicultural Youth Program; our largest Student Sleep Out team to date from Burlington High School; Spectrum Board Member Thato Ratsebe enjoys the Empty Bowl Dinner.





31 Elmwood Avenue, Burlington, VT 05401

(802) 864-7423

www.spectrumvt.org

A UNITED WAY AGENCY